



**Content on this page was developed during the 2009-2010 H1N1 pandemic and *has not been updated.***

- **The H1N1 virus that caused that pandemic is now a regular human flu virus and continues to circulate seasonally worldwide.**
- **The English language content on this website is being archived for *historic and reference purposes only.***
- **For current, updated information on seasonal flu, including information about H1N1, see the CDC Seasonal Flu website (<http://www.cdc.gov/flu/>).**

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## Travel and 2009 H1N1 Vaccine

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2009 H1N1 flu viruses are expected to circulate throughout 2010, including during the Southern Hemisphere flu season, which usually starts in April or May.

During the U.S. summer season, many students and families are traveling or planning to travel either internationally, to areas where 2009 H1N1 activity is higher than currently in the U.S., or to settings such as cruises or resorts where international travelers from areas where flu activity is higher also are vacationing.

Any traveler who wants to reduce the risk of getting sick with 2009 H1N1 should get the 2009 H1N1 vaccine. It is best to get the vaccine at least 2 weeks before the start of your trip.

While the 2009 H1N1 vaccine is recommended for anyone who wants to protect themselves against 2009 H1N1, vaccination is especially important for people at higher risk of serious complications from 2009 H1N1, including people with certain health conditions, the very young, and those people 65 years and older (<http://www.cdc.gov/h1n1flu/65andolder.htm>).

Health conditions that increase the risk (<http://www.cdc.gov/h1n1flu/highrisk.htm>) of being hospitalized from 2009 H1N1 include lung disease, like asthma (<http://www.cdc.gov/h1n1flu/asthma/>) or chronic obstructive pulmonary disease (COPD) (<http://www.cdc.gov/h1n1flu/guidance/copd.htm>), diabetes (<http://www.cdc.gov/diabetes/>), heart (<http://www.cdc.gov/h1n1flu/heart.htm>), or neurologic disease, and pregnancy (<http://www.cdc.gov/h1n1flu/pregnancy/>).

In addition, people attending the soccer World Cup are also recommended to get the 2009 H1N1 vaccine. The World Cup is taking place in June in South Africa, which is during the Southern Hemisphere's flu season.

Travelers who have already previously received this vaccine do not need to be revaccinated.

## Additional Information

For additional information, please see 2009 H1N1 flu and travel (<http://wwwnc.cdc.gov/travel/content/novel-h1n1-flu.aspx>).

For information regarding international 2009 H1N1 flu and seasonal flu activity, please see the 2009 H1N1 international situation update Web page. (<http://www.cdc.gov/h1n1flu/updates/international/>)

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Centers for Disease Control and Prevention 1600 Clifton Road Atlanta, GA 30329-4027,  
USA  
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - Contact CDC-INFO

